

FEEDING AND SWALLOWING DISORDERS PROGRAM

FOOD TEXTURES

Texture and Consistency Examples for: **PUREES**

These foods do not require chewing. They are moved back in the mouth with suckle movement, and swallowed. They are offered by spoon and may vary in consistency from smooth, thin, and “runny” to lumpy, thick, or “stiff.”

Any table foods can be “blenderized” to puree consistency

Nutritional Categories:

Grain Group

- Infant cereal (oat, barley, rice), rice cereal, oatmeal, cream of wheat, malt-o-meal

Vegetable Group

- Baby foods or blenderized cooked vegetables (sweet potatoes, squash, peas, beans)
- Mashed white potatoes or mashed sweet potatoes
- Spaghetti sauce (smooth with no chunks)
- Pumpkin (baked pumpkin pie filling or canned)
- Pureed vegetables in squeezable pouch
- Mashed avocado

Fruit Group

- Baby foods (applesauce, peaches, pears) or blenderized fruits
- Applesauce or flavored applesauce (mixed berry, apple-peach, apple-pear, apple-mango, apple-strawberry)
- Mashed banana
- Pureed fruits in squeezable pouch

Dairy Group

- Yogurt (milk based; Greek yogurt; soy yogurt; coconut milk yogurt) NOTE: any yogurt with fruit pieces can be blenderized to puree texture
- Soft cheese spreads
- Pudding or custard

Protein Group

- Refried beans
- Hummus
- Peanut butter (check with pediatrician for when to introduce secondary to allergies)
- Peanut butter alternatives (sun butter, almond butter, WOW butter)

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Texture and Consistency Examples for:

PUREES - DIPS

High calorie options or ideas for the little one who loves to add a little extra something; either for fun, calories or for added sensory information.

These foods are offered by spoon and may vary in consistency from smooth, thin, and “runny” to lumpy, thick, or “stiff.”

Nutritional Categories:

Fruit and Vegetable Group

- Guacamole
- Fruits or vegetables pureed as a dip

Dairy Group

- Cream cheese (plain, veggie, strawberry, blueberry, pineapple) mixed with cool whip
- Strawberry cool whip with fluff

Fats and sweets

- Marshmallow fluff
- Ketchup
- Barbeque sauce
- Gravy
- Jelly, jam
- Chocolate sauce, butterscotch, or caramel sauce
- Syrup, flavored syrups
- Frosting

Texture and Consistency Examples for:

MELTABLE SOLIDS

These foods “melt” or soften readily with saliva and then break apart easily with gumming, mashing, or minimal chewing.

Nutritional Categories:

Grain Group

- Puffed Rice/Corn Snacks (Pirate’s Booty, Veggie Booty, White Cheddar, Pizza, and Chocolate)
- Infant/toddler puffs (Gerber, Plum Organics, Ella’s Kitchen Organic Puffits)
- Graham crackers
- Wafer cookies (chocolate, vanilla, and strawberry)
- Butter cookies
- Butter crackers such as Ritz
- Ice cream cone
- Crushed cookies, cookie crumbs (such as Oreos)
- Baby Mum-Mums
- Happy Baby Gentle Teethers Teething Wafers (variety of flavors)
- Cheese puffs (puffed cheetos, cheese balls)
- Angie’s Boom Chika Puffs; Sweet and Salty flavor

Fruit and Vegetable Group

- Veggie sticks, chips or straws
- Fruit Booty
- Some freeze dried fruits and vegetables (Brand and food specific. Some brands include : Just Tomato’s, Archer Farms, Brother’s All Natural, Mrs. May’s) * not all freeze dried fruits and vegetables are meltable, please trial yourself prior to giving to your child
- Barbeque Potato Straws
- Apple Cinnamon Straws
- Snap pea crisps (original and caesar)
- Happy Baby Organic Creamies

Fats and Sweets

- Chocolate (milk or white)
- Cotton candy

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Texture and Consistency Examples for: SOFT SOLIDS, MECHANICAL SOFT SOLIDS

These foods can be mashed and then swallowed, or break apart easily in the mouth without the need to chew.

Nutritional Categories:

Grain Group

- Soft breads
- Soft, cooked or canned pasta such as chef-boy-r-dee, Gerber graduates, Kraft macaroni & cheese
- Pancakes (softened with butter and syrup)
- Muffin, cake
- Fruit and cereal bars, such as Nutri-grain bars
- Plum Kids Organic Jammy Sammy

Vegetable Group

- Soft, well-cooked vegetables such as those found in soups (carrots, potatoes, squash) or canned/jarred

Fruit Group

- Soft, ripe fruits (especially canned fruits such as mandarin oranges, pears, peaches, kiwi, bananas, mangos, apricots and thinly sliced watermelon). * Juicy fruits may pose a risk for children with swallowing difficulties

Dairy Group

- Thinly sliced cheese
- Processed cheese slices, such as Kraft
- Cottage cheese
- Cheesecake

Protein group:

- Scrambled eggs (check with pediatrician for when to introduce due to possible food allergies)
- Meat sticks (Gerber) or Vienna sausages
- Ground meat or very tender meats, fish, or poultry

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Texture and Consistency Examples for:

SOLIDS (PART 1)

These foods require some manipulation and breakdown via chewing prior to safely swallowing. There is a wide variety of solids from semi-soft to crunchy to chewy. Consider your child's oral motor skills (ability to chew) before offering these foods.

Nutritional Categories:

Grain Group

- Crackers and Snack foods such as: Wheat Thin sticks, Ritz cracker sticks, Pringles sticks, Rice works cracker crisps (gluten free), Nut-thins (gluten free), Oreo sticks/straws (vanilla and chocolate)
- Rice
- French toast
- Belgium Waffles
- Cookies such as: chocolate chip cookies, Oreo cookies
- Bagels
- Toast
- Pastas such as periogies, gnocchi, ravioli (variety of fillings)

Protein group

- Meatloaf (made with bread or potato chips)
- Chicken, chicken nuggets
- Seafood, Fish
- Steak
- Pork
- Hotdogs
- Hamburgers/cheeseburgers
- Protein and energy bars such as: Lara bars, Cliff bars, Kind bars, etc.
- Meat-substitutes such as Boca Burgers, Morningstar products (burgers, chicken nuggets or patties, sausage links or patties, etc.)
- Hard boiled eggs, fried eggs

Texture and Consistency Examples for:

SOLIDS (PART 2)

These foods require some manipulation and breakdown via chewing prior to safely swallowing. There is a wide variety of solids from semi-soft to crunchy to chewy. Consider your child's oral motor skills (ability to chew) before offering these foods.

Protein Group, continued

- Pancake sausage sticks
- Cheese sticks and other hard cheeses
- Toaster breakfast items such as: Toaster scrambles (cheese, egg and bacon; cheese, egg, and sausage)
- Cooked legumes/beans

Fruit group

- Apples
- Pineapple
- Strawberries
- Blueberries
- Melons
- All dried fruits, fruit leathers and fruit snacks

Vegetable group

- Celery
- Cucumber
- Raw broccoli/cauliflower
- Snap peas
- Raw carrots
- Broccoli fries
- Sweet potato fries
- Vegetable patties such as: Dr. Praeger's patties (broccoli, spinach, sweet potato, potato)

Fruit and Vegetable group

- Plum Kids Organic Fruit and Veggie Shredz

Texture and Consistency Examples for:

MIXED TEXTURES

These foods contain more than one food texture, and require mature oral motor skills to manage.

Note: Most Stage 3 Baby Foods are mixed textures as they have solid pieces mixed into the puree (generally not recommended as next step from stage 2 foods)

- Casseroles
- Soups with vegetables, pasta, rice, meat
- Yogurt with fruit pieces, granola or toppings
- Cereal with milk
- Juicy watermelon or oranges
- Jello with fruit

Texture and Consistency Examples for:

BEVERAGES

Complete Nutritional Supplements (to be used as directed by your pediatrician or dietician)

- Pediasure
- Kindercal
- Carnation Breakfast Essentials

Nutritional Categories:

Vegetable Group

- Juices (carrot, tomato, V-8)
- Soup broth

Fruit Group

- Juices (apple, grape, white grape, cranberry, orange and fruit blends)
- Lemonade
- Fruit Smoothies

Milk Group

- Breast milk
- Formula
- Milk (whole milk, 2%, 1%, skim)
- Milk alternatives (soy, almond, rice or coconut milk)
- Hot chocolate
- Milk shake
- Drinkable yogurt
- Creamed soups

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